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The Movie Technique – Worksheet

The Movie Technique is to clear past negative events that have an intensity level of 7 -10 (SUDs). If the SUDs level is above 10, then please use Tearless Trauma first and not the Movie Technique.

1. Begin by giving the past incident a name - this is known as the movie name. It can also be an unrelated name, if need be. Write down the movie name:
_____.
2. Ask yourself, “*What is the intensity level of the past movie when you bring it and the name into your awareness.*” Write down the intensity level:
_____.
3. Then ask yourself, “*How does it make you feel?*” Write down the feeling:
_____.
4. Next, put the movie on an imaginary screen in front of you, and cover it with an imaginary curtain. Notice you have a remote control in your hand, which means you are the only one in charge of opening the curtains with the remote control, and pressing play to watch the movie.
5. Then begin by tapping on the movie name, intensity number and feeling, and where in the body. Start tapping on the side of the hand (Karate Chop):
Even though I have this _____ (movie name) and it makes me feel _____ (feeling) in my _____ (location), I love and accept myself.
6. Then tap on the facial and upper body points using the reminder phrases:

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- Eyebrow point: this _____ (*movie name*)
- Side of the Eye/Temple: number ____ (*SUDs*)
- Under the Eye: _____ (*feeling*)
- Under the Nose: makes me feel so _____ (*feeling*)
- Chin: this _____ (*movie name*)
- Collarbone: it makes me feel so _____ (*feeling*)
- Thumb: I just feel so _____ (*feeling*)
- Index finger: in the _____ (*location*)
- Middle finger: this _____ (*movie name*)
- Little finger: so _____ (*feeling or sensation*)

7. Tap till the SUDs come down to a manageable level or down by 1-3 points, down enough to be able to watch the past movie.

Once the intensity of the movie name comes down, you can open the curtains and press play on the remote control. Watch the movie from start to finish. Make a note of the emotional peaks, the number (how intense it is), and a brief note about what happened. For example: Number 10, Friend Shouting or Number 7, Feeling Scared.

- Write down the number of the emotional peak _____ and a brief sentence to describe that section _____.
- Write down the number of the emotional peak _____ and a brief sentence to describe that section _____.
- Write down the number of the emotional peak _____ and a brief sentence to describe that section _____.

If there are more than 3, you can make a note of them too.

8. Begin with the lowest intensity peak first. The reason to begin with the lowest peak first is that it's safe, and also you do not know the contents of the highest peaks and it can trigger an intense reaction. So, it's better to go step by step, with the lowest intensity first and then the next highest.

9. Ask yourself, "What happened and how did it make me feel?" Once you have described it to yourself, write down:
 - What happened: _____
 - What number is it at? _____
 - How did it make you feel? _____
 - Where in the body did you feel it? _____

10. Then start tapping on the Karate Chop, "Even though _____
(this happened) and it makes me feel _____
(feeling) and it's at a number _____, and I can feel it in my _____
(location), I love and accept myself."

11. After tapping on the Karate Chop 3 times, tap on the facial and upper body points using the reminder phrases:
 - Eyebrow point: _____ (what happened)
 - Side of the Eye/Temple: _____ (what happened)
 - Under the Eye: _____ (what happened)
 - Under the Nose: made me feel _____ (the feelings)
 - Chin: so _____ (the feelings)
 - Collarbone: really _____ (the feelings)
 - Thumb: _____ (what happened)
 - Index finger: _____ (what happened)
 - Middle finger: _____ (what happened)
 - Little finger: so _____ (the feelings)

12. Close the sequence by tapping on the Karate Chop: *“Even though _____ (describe what happened) and it made me feel _____ and it’s a number _____, I love and accept myself.”*
13. Take a gentle breath in and out, and then a sip of water.
14. Check the SUDs level and ask yourself, *“What number is the SUDs at now? Is it higher than before, the same as before, or less than before?”* If higher or the same as before, repeat from Step 11 till the number comes down and it feels manageable.
15. Test by checking if the SUDs have come down on the emotional peak. If the charge has come down to 3 or below and feels manageable, move to the next step. If the charge is the same or higher, repeat from Step 10.
16. Explore the next emotional peak by beginning from Step 10. If you have already explored all the emotional peaks, test by retelling the whole incident again. When the process is over, you will find you can freely explain the past incident and no longer feel a charge. It will feel like talking about an old movie. You might even find that you include more details than before. You can also watch the old incident on the movie screen again. You might find that it feels different. While the incident still happened, it can also feel neutral.
17. Now that you have tested the past movie and it no longer feels uncomfortable, ask yourself, *“What is the learning or the insight from the old movie?”* This is known as a cognitive shift. You can go ahead and write it down: _____